

#### TABLE OF CONTENTS

Utah Health and Safety Training for Early Childhood Providers-Revised March 2002  
Modified Modules to accomodate four 2.5 hour classes-Participant Handbook-July 2003

## MODULE 1 -Injury prevention

|  |    |
|--|----|
| • Desired Outcomes (Objectives) .....          | 1  |
| • Injury Prevention .....                      | 2  |
| • Hazard vs Risk .....                         | 3  |
| • Poison Control .....                         | 5  |
| • If a Poisoning Occurs .....                  | 5  |
| • Ten Tips for Playground Safey .....          | 7  |
| • Times When Children Get Hurt .....           | 8  |
| • Car Safety .....                             | 10 |
| • Fire Safety Facts .....                      | 11 |
| • Teach Children to Stop, Drop and Roll .....  | 12 |
| • Smoke Alarms .....                           | 13 |
| • Pets in the Early Childhood Program .....    | 14 |
| • Sun Safety .....                             | 15 |
| • Firearms .....                               | 16 |
| • Toy Safety .....                             | 17 |
| • Hot Water and Scalding Hazards .....         | 18 |
| • Lead Poisoning .....                         | 19 |
| • Steps in Preparing for Emergencies .....     | 20 |
| • First Aid Kit.....                           | 21 |
| • Recommendations for Establishing Rules ..... | 23 |
| • Teaching Children Safe Habits .....          | 24 |

## MODULE 2 - Communicable Diseases, Immunizations and Medication administration

|  |    |
|--|----|
| • Desired Outcomes (Objectives) .....          | 25 |
| • What are Germs .....                         | 26 |
| • Four Ways Germs Spread .....                 | 28 |
| • Acute and Chronic Illnesses .....            | 29 |
| • Common Illnesses in Children .....           | 30 |
| • Illnesses/Symptoms Requiring Exclusion ..... | 31 |

#### TABLE OF CONTENTS

Utah Health and Safety Training for Early Childhood Providers-Revised March 2002  
Modified Modules to accomodate four 2.5 hour classes-Participant Handbook-July 2003

|   |    |
|---|----|
| • Understanding Fever .....                     | 34 |
| • Signs of a Life Threatening Illness .....     | 35 |
| • Daily Health Check .....                      | 36 |
| • Reporting Communicable Diseases .....         | 37 |
| • Medication Management .....                   | 38 |
| • Anaphylaxis .....                             | 40 |
| • Types of Medication .....                     | 41 |
| • Reading the Medication Label .....            | 42 |
| • Six Rights of Medication Administration ..... | 44 |

### **MODULE 3- Controlling the Spread of Disease, Food Safety, Nutrition, and Promoting Infant and Toddler Emotional Well-Being**

|   |    |
|---|----|
| • Desired Outcomes (Objectives) .....                 | 47 |
| • Five Ways to Prevent Illness .....                  | 48 |
| • Handwashing.....                                    | 48 |
| • OSHA Requirements .....                             | 50 |
| • Universal Precautions .....                         | 51 |
| • Cleaning, Sanitizing and Disinfecting .....         | 52 |
| • Pest Control.....                                   | 54 |
| • Proper Diapering.....                               | 55 |
| • Toilet Training Equipment.....                      | 56 |
| • Keeping Foods Safe .....                            | 57 |
| • Breast Milk Storage Guidelines .....                | 58 |
| • Foods Brought From Home .....                       | 59 |
| • Nutrition Guidelines for Children.....              | 60 |
| • Indicators of Emotional Well-Being in Children..... | 65 |

### **MODULE 4 - Preventive and Oral Health**

|   |    |
|---|----|
| • Desired Outcomes (Objectives) .....           | 67 |
| • Sudden Infant Death Syndrom (SIDS) .....      | 68 |
| • Risk Factors .....                            | 68 |
| • What To Do In the Event of a SIDS Death ..... | 71 |
| • Shaken Baby Syndrome .....                    | 72 |

**TABLE OF CONTENTS**

Utah Health and Safety Training for Early Childhood Providers-Revised March 2002  
Modified Modules to accomodate four 2.5 hour classes-Participant Handbook-July 2003

|   |    |
|---|----|
| • Child Abuse and Reporting .....         | 74 |
| • Goals of Preventative Health Care ..... | 78 |
| • What is a Medical Home .....            | 28 |
| • Benefits of a Medical Home .....        | 79 |
| • Preventive Oral Health.....             | 81 |
| • Dental Emergencies .....                | 84 |